

# SALUS UNIVERSITY | Health

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## EYESIGHT

### Signs You May Have Cataracts

A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. Vision may become blurry or dim because the cataract stops light from properly passing through to the retina. Generally, a cataract does not cause pain, redness or tears.

According to Prevent Blindness, cataracts are the world's leading cause of blindness, accounting for approximately 42 percent of all cases of blindness in all nations.

If you are experiencing any of the following symptoms, you may have cataracts.

#### Cloudy Vision

Cataracts start small and initially may have little effect on your vision. Things might seem a little blurry. This effect usually increases over time. The world will seem cloudy, blurry, or dim.

#### Impaired Night Vision

As cataracts become more advanced, they begin to darken with a yellow or brown tinge. This begins to affect night vision and makes certain nighttime activities, such as driving, more difficult.

#### Light Sensitivity

Light sensitivity is another common symptom of cataracts. The glare of bright lights can be painful.

#### Halos

The clouding of the lens can result in the deflection of light entering your eye. This can cause a halo to appear around light sources. Rings around every light, sometimes in a variety of colors, can make driving very difficult. Driving at night, especially when there are streetlights and headlights, can be dangerous if you have a cataract.

#### Double Vision

Many things can cause double vision, also called diplopia, however, monocular double vision, which causes multiple images to appear in one eye but not the other, is more likely to be an issue with your eye's cornea or lens. Cataracts is a common cause of diplopia. As the cataract grows larger, this effect may go away.

As with most eye conditions, early intervention is key. A comprehensive eye exam is the best way to detect the development of cataracts.

**To schedule an exam at The Eye Institute, call 215.276.6111.**





## The Stars Came Out for 15th Annual Kids Fundraiser

There was a moment during Salus University's 15th annual Looking Out for Kids (LOFK) charity fundraiser that illustrated just how important this program is to the communities it serves.

Three students from Ligouri Academy in Philadelphia — Aaliyah Manon, Rain Branch and Stephen Girmscheid — each shared their personal stories about receiving vision care through the LOFK program — the goal of which is to ensure underserved children who don't have access to healthcare services receive quality eye and hearing services — and how it not only had changed their lives but how it had given them renewed hope for their futures.

"I am an artist and I also love to read. So, when I first started school, I didn't have glasses," said Manon. "Getting glasses from Looking Out for Kids really helped me out. I can see better details in my paintings and I know what to fix now. I also don't have struggles seeing the board in class."

Branch said she wants to be a culinary chef and open her own business. Being able to clearly see, she said, will help her to achieve that goal.

"I was reading with the book in my face. Then someone at school took me aside and said, 'Rain, where are your glasses?' I was like, 'I don't have any.' And, then I went to Looking Out for Kids and got glasses. I can see way better now," she said.

Stories like that encouraged sponsors, donors and guests who filled an auditorium at the National Constitution Center on the evening of Nov. 12, 2022, to support LOFK.

"This program absolutely changes the lives of children," said Salus president Dr. Michael H. Mittelman, . "We bring them to The Eye Institute (TEI) and visit them with the Big Red Bus (the University's traveling eye and ear exam unit) and they get comprehensive exams. It changes lives and it's absolutely amazing."

Those attending the event had the opportunity to bid on several auction items,

participate in a 50-50 "Heads or Tails," and enjoy music and a sit-down dinner. It was the first in-person LOFK event since the start of the pandemic.

According to Jacqueline Patterson, vice president of Institutional Advancement and Community Relations for the University, the event raised \$95,000, which will fund the program for one year.

### Special Thanks to our 2022 Sponsors for Looking Out for Kids

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# Keep Your Eyes Healthy

Although older adults tend to have more vision problems, preschoolers may not see as well as they can. The U.S. Preventive Services Task Force recommends vision screening for all children aged three to five years of age to diagnose conditions such as amblyopia, or lazy eye, which can be effectively treated if caught early.

Here are some ways to keep your eyes healthy and protect your vision.

**Get regular, comprehensive dilated eye exams.** Even if your eyes feel healthy, you could have a problem and not know it. That's because many eye diseases don't have any symptoms or warning signs. A dilated eye exam is the only way to check for many eye diseases early on, when they're easier to treat.

**Know your family's eye health history.** Eye diseases and conditions run in families, like age-related macular degeneration or glaucoma. Be sure to tell your eye doctor if any eye diseases run in your family.

**Know your risk.** Getting older increases your risk of some eye diseases. You might also have a higher risk of some eye diseases if you:

- Are overweight or obese.
- Have a family history of eye disease.
- Are African American, Hispanic, or Native American.

Other health conditions, like diabetes or high blood pressure, can also increase your risk of some eye diseases such as diabetic retinopathy, an eye condition that can cause vision loss and blindness.

## **Take care of your health.**

Healthy habits like eating well and being active can lower your risk for diseases and conditions that can lead to eye or vision problems, such as diabetes or high blood pressure.

- Maintain a healthy weight.
- Quit smoking. Smoking increases your risk of diseases such as macular degeneration and cataracts and it can harm the optic nerve.
- Eat healthy foods. Be sure to have plenty of dark, leafy greens like spinach, kale, and collard greens. Eating fish high in omega-3 fatty acids like salmon, tuna, and halibut is good for your eyes, too.
- Get active. Being physically active helps you stay healthy. It can also lower your risk of health conditions that can

cause eye health or vision problems such as diabetes, high blood pressure, and high cholesterol.

**Wear sunglasses.** Wear sunglasses that block 99 percent to 100 percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.

**Wear protective eyewear.** Safety glasses and goggles are designed to protect your eyes during certain activities, like playing sports, construction work, or home repairs.

**Give your eyes a rest.** Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.



**The Eye Institute (TEI) offers comprehensive exams for all ages. Scheduling a comprehensive eye exam at least once a year is an excellent first line of defense against eye disease. To schedule an appointment at TEI, call 215.276.6111.**

# SALUS UNIVERSITY

## The Eye Institute

The Eye Institute (Oak Lane)  
1200 West Godfrey Avenue  
Philadelphia, PA 19141  
**Appointments:** 215.276.6111

The Eye Institute (Chestnut Hill)  
Chestnut Hill Plaza  
7630 Germantown Avenue  
Philadelphia, PA 19118  
**Appointments:** 215.276.6111

The Eye Institute (Norristown)  
1401 DeKalb Street  
Norristown, PA 19401  
**Appointments:** 610.278.7787

**[SalusUhealth.com/TEI](https://SalusUhealth.com/TEI)**

# SALUS UNIVERSITY

## Pennsylvania Ear Institute

Pennsylvania Ear Institute  
8380 Old York Road, Suite 120  
Elkins Park, PA 19027  
**Appointments:** 215.780.3180

1200 W. Godfrey Avenue  
(Oak Street Health Entrance)  
Philadelphia, PA 19141

**[SalusUhealth.com/PEI](https://SalusUhealth.com/PEI)**

At Salus University's health facilities, The Eye Institute, Pennsylvania Ear Institute, Speech-Language Institute, and Occupational Therapy Institute compassionate doctors, clinicians, and support staff have dedicated their lives to improving the health and well-being of our community.

If you have a caregiver who has made a meaningful impact on your life, please consider sending them a note of gratitude and making a charitable gift to the clinic in his or her honor. Although the amount of your contribution remains confidential, your Healthcare Hero will be notified of your honorary gift and he or she will be given special recognition.



## Honor your Healthcare Hero

Your gift not only demonstrates deep gratitude for the care you received, but it will play a critical role in enhancing access to care, advancing innovation and improving the patient and client experience in our community.



**To donate, visit  
[SalusUhealth.com/give](https://SalusUhealth.com/give)**